



### PRESIDENT'S MESSAGE:

It was an experience of a lifetime for me traveling to Vancouver and then to Eugene, Oregon, USA to watch our talented trio of athletes compete in the World Junior Track & Field Championships during the month of July.

More of this later in this newsletter.

It was wonderful to see records being broken, new PB's by members who competed in the Met West Regional Trials, congratulations. It's all systems now to train and prepare well for the All Schools State Championships late October 23<sup>rd</sup> – 26<sup>th</sup> 2014.



Well done to all the Coaches, Bailey, Brad, Mick, Ted and Theresa (Marty).

Club events start in October and we have to register on-line. Season runs from 1<sup>st</sup> October 2014 to 30<sup>th</sup> September 2015. Registering can be done very soon, affiliation with QA has to be completed first. We will advise ASAP.

### Vic

### Congratulations!



The Park 2 Park was a successful event for the Ipswich Hospital Foundation as as more than 1773 people competed in the **Big Team Hit Half Marathon**, **Exact Radiology 10k**, the **UQ Ipswich 5km Run** and the **UQ 5km Walk**.

Our Club supports this amazing event having a food stall on site and a number of runners competing. It was an excellent day for all.

Club members who did well are listed;

<b>Half Marathon</b>	<b>Glen Yarham</b>	1.11.13	1 <sup>st</sup>
<b>5km Run</b>	<b>Jack Warner</b>	17.47	3 <sup>rd</sup>
	<b>Daniel Parnell</b>	19.07	10 <sup>th</sup>
	<b>Darrin Norwood</b>	21.02	30 <sup>th</sup>
	<b>Madeline McGuire</b>	21.33	39 <sup>th</sup>

## Committee Notes

Our next Monthly committee meeting is on **Tuesday 23<sup>rd</sup> September 2014** at 7pm. All welcome.

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### *Just a Thought'*

I've learned that....  
Discover friendship and love by sharing.

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## Happy August Birthdays

*Emily Beston    Amazing Grace Raeli    Madeleine Trebbin    Diana Nyari*  
*Brad Duxbury    Declan Battensby    Jared Blauw    Douglas Amiss*  
*Benjamin Peters    Scott Brittain    Tyrell Woodley*

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## Cross Country

The **AIC cross country events** was held on **Saturday 2<sup>nd</sup> August 2014** and the committee wishes to thank everyone who helped at the canteen during the day. It was a very busy day.

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## Track & Field

All **Track and Field events** are now scheduled on the **Queensland Athletics website**

[www.qldathletics.org.au](http://www.qldathletics.org.au)

**QAL now has several events scheduled on their website [www.qal.org.au](http://www.qal.org.au)**

The Mulgowie Gift on 6<sup>th</sup> September closes tomorrow 1<sup>st</sup> September 2014.

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## Club Uniform

The Club uniform **must** be worn at all interclub meets, e.g. All comers at St. Lucia and Gold Coast etc. **If the uniform is not worn, no points or performances will be recorded at inter club meets.**

### The cost of the uniform is as follows:

Girls Crop Tops	\$50-00
Girls Singlet's	\$37-00
Girls Shorts	\$52-00
Boys Singlet's	\$37-00
Boys Shorts	\$57-00

Old Stock is on sale at \$10-00 apiece. These can be used for training etc.

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## Answer to the Question

The winner of the **June** question was **Liz Melrose**

The correct answers were: "**Agnetha Faltskog**"

## A new question is as follows:

In our blood there are four components: red blood cells, plasma, white blood cells, and platelets. What do platelets do to our blood?

The **first** person to reply by email with the correct answer wins a prize.

**Email:** - [vgpascoe1@bigpond.com.au](mailto:vgpascoe1@bigpond.com.au)

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# THE 33<sup>rd</sup> Winter Carnival

The Club appreciates and wishes to thank all the contributors/donations made out to Ipswich & District Athletic Club Inc. All funds raised assist our athletes in their future endeavours.

The Club also thanks the officials / volunteers for their assistance throughout the day

The Carnival turned out to be a wonderful day. The weather was kind to us.

Thanks to **Paul Langton** and his team of the **Ipswich Little Athletics Club** whose photo finish and electric timing was excellent in getting the results quickly to announcer **Graham Bannister**.

The 25<sup>th</sup> running of the **120m Lightning Gift** was sponsored by the **Ipswich City Council**.

**Conor Loughnan** of the Sunshine Coast was extremely happy out sprinting his rivals **Brandon Herrigan** 2<sup>nd</sup> and **Taylor Burns** 3<sup>rd</sup> in the final of the Ipswich Lightning 120m Gift at the Bill Paterson oval on Sunday 17<sup>th</sup> August 2014.



The 120m Lightning Gift finish



Councillor Andrew Antonioli with Conor Loughnan

120m Lightning Gift Finalists

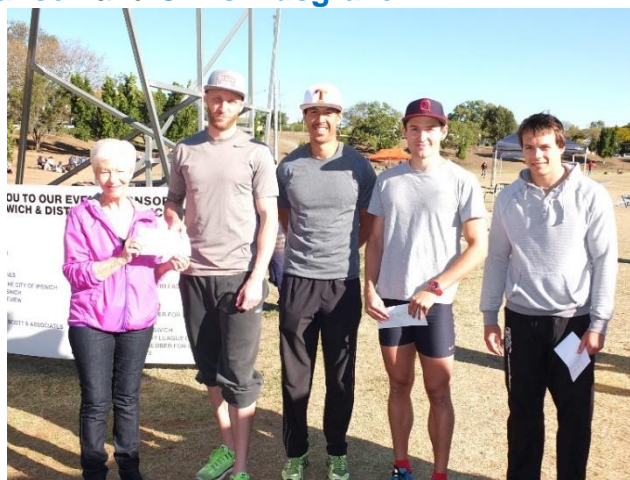


Councillor **Andrew Antonioli** represented the Ipswich City Council as Sponsor for the **120M Lightning Gift**.

## **120m Back Markers Consolation Gift** sponsored by Geoff Jones Family

Geoff Jones was our first Life Member of the Club, a Club President and a wonderful Coach who will be sadly missed by all those who knew him. Geoff passed away April 2013. It was a magnificent gesture by his wife Berise and family for their ongoing support for this event.

**Nicholas Boylett** produced a powerful finish in landing the Back Markers 120m with **Gary Finegan** second and a dead heat for third **Chris Mansell** and **Chris Musgrave**.



**Berise Jones** represented the **Geoff Jones Family** as Sponsor for the **120m Back Markers Consolation Gift**.

**WOMENS 100m Gift** sponsored by **Ipswich Hospital Foundation / Mayoress of Ipswich.**

**Courtney Hill** of Sunshine Coast won the **Women's 100m Gift final** in an exciting finish from **Katie Colebourne** and last year's winner **Nikki Venardos.**



**What a close finish**



**Nikki Venardos, Courtney Hill & Katie Colebourne**

**The 100m Ladies Finalists**



Councillor **Andrew Antonioli** presented on behalf of sponsors **Lady Mayoress / Ipswich Hospital Foundation** for the **100m Ladies Gift.**

**300m Masters Wallet** was sponsored by **Ian Berry MP** Member for Ipswich.

**Steve Minns** went for the doctor and never gave his rivals a chance with **Steve Jones 2<sup>nd</sup>** and **Michelle Mackey** in third.



**Steve Minns winning from Steve Jones and Michelle Mackey**



**Treasurer / Registrar Greg Parnell presenting Steve Minns**



Treasurer / Registrar **Greg Parnell** presented on behalf of the sponsor **Ian Berry MP** for the **300m Masters Wallet**.

**U/18yrs Boys 70m Dash** was sponsored by **Stazer Racing**.

**Ted Belcher** of Maroochy won from Jason Gough 2<sup>nd</sup> and Brandon Herrigan 3<sup>rd</sup>.



**Jason Gough, Ted Belcher and Brandon Herrigan**

Councillor **Andrew Antonioli** presented on behalf of **Stazer Racing** for the **70m Boys Dash**.

## U/18yrs Girls 70m Dash sponsored by **Stazer Racing**.

**Nicole Maynard** of Toowoomba won from **Katie Colebourne** 2<sup>nd</sup> and Club member **Miriam Peni** 3<sup>rd</sup>.



**Nicole Maynard winning easily**



**Miriam Peni, Katie Colebourne & Nicole Maynard**

Councillor **Andrew Antonioli** presented on behalf of **Stazer Racing** for the **70m Girls Dash**.

Other Winter Carnival events produced 16 new records. This justifies the efforts of athletes to utilize this Carnival as a stepping stone to future endeavours. The results can be viewed at our website [www.ipswichathletics.org.au](http://www.ipswichathletics.org.au) .

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## Club Training Nights

**Training nights on Monday nights 7pm to 9pm.**

A water bottle, towel and **appropriate warm clothing** are required for all sessions.

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## Queensland Athletics Seasonal Fees.

A reminder will be given for the 2014-2015 Membership Options when open.

1<sup>st</sup> October 2014 – 30<sup>th</sup> September 2015



**\*\*\* Please note a Club fee is applicable when joining \*\*\***

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At the **Met West Track & Field Regional Trials** QE11 in Brisbane 26/8/143 - 28/8/14 saw a number of club athletes do extremely well. Well done to all those who have qualified for the **State Primary & Secondary School Championships 10-19yrs on 23<sup>rd</sup> – 26<sup>th</sup> October 2014 at QE11.**

The results are as follows:

If you have a **PB** I have missed, please advise.

Madison Wells	12yrs	200m	6 <sup>th</sup>	30.54	
		800m	7 <sup>th</sup>	2.39.85	
		High Jump	9 <sup>th</sup>	1.23m	
		Discus	7 <sup>th</sup>	26.98m	
Grace Raeli	12yrs	Shot Put	4 <sup>th</sup>	8.66m	
		Discus	1 <sup>st</sup>	33.26m	
Zoe Greinke	13yrs	100m	4 <sup>th</sup>	13.41	<b>PB</b>
		200m	3 <sup>rd</sup>	28.13	<b>PB</b>
Annie McGuire	13yrs	200m	5 <sup>th</sup>	28.43	<b>PB</b>
		400m	4 <sup>th</sup>	1.04.79	<b>PB</b>
		High Jump	1 <sup>st</sup>	1.53m	<b>PB</b>
		Long Jump	1 <sup>st</sup>	4.74m	
Ella Milford	13yrs	80m Hurdles	5 <sup>th</sup>	14.99	<b>PB</b>
		High Jump	2 <sup>nd</sup>	1.51m	<b>PB</b>
Lucy Turner	13yrs	80m Hurdles	3 <sup>rd</sup>	14.56	
		Long Jump	7 <sup>th</sup>	4.32m	<b>PB</b>
		High jump	4 <sup>th</sup>	1.49m	<b>PB</b>
		Shot Put	3 <sup>rd</sup>	10.03m	<b>PB</b>
		Javelin	7 <sup>th</sup>	24.28m	<b>PB</b>
Rochelle Vidler	13yrs	Shot Put	2 <sup>nd</sup>	10.43m	<b>PB</b>
		Discus	1 <sup>st</sup>	38.58m	<b>PB</b>
		High Jump	7 <sup>th</sup>	1.34m	<b>PB</b>
		Long Jump	5 <sup>th</sup>	4.39m	<b>PB</b>
		Triple Jump	4 <sup>th</sup>	9.49m	
		Javelin	1 <sup>st</sup>	34.11m	
	13-15yrs	Hammer Throw	1 <sup>st</sup>	46.34m	<b>PB and Record</b>
Elizabeth Raeli	13yrs	Long Jump	3 <sup>rd</sup>	4.56m	
		Triple Jump	2 <sup>nd</sup>	9.92m	
		Discus	3 <sup>rd</sup>	28.27m	
		Javelin	6 <sup>th</sup>	25.16m	
Indira Rakuita	14yrs	200m	4 <sup>th</sup>	28.38	
		400m	3 <sup>rd</sup>	1.03.22	
Carley Stieler	14yrs	High Jump	1 <sup>st</sup>	1.59m	
Tyla Stolberg	14yrs	Javelin	4 <sup>th</sup>	29.29m	<b>PB</b>
		Shot Put	6 <sup>th</sup>	9.35m	
		Discus	9 <sup>th</sup>	21.95m	
		High Jump	6 <sup>th</sup>	1.38m	

Kelly McNamara	15yrs	1500m	5 <sup>th</sup>	5.14.56	
	13-15yrs	2000m Steeple Chase	1 <sup>st</sup>	7.44.32	
Majella Cassidy	15yrs	90m Hurdles	2 <sup>nd</sup>	15.02	<b>PB</b>
		100m	5 <sup>th</sup>	13.34m	
		Long Jump	1 <sup>st</sup>	4.89m	
Juaniti Chambers	15yrs	100m	8 <sup>th</sup>	13.87	
Raemiga Elle Raeli	15yrs	Shot Put	4 <sup>th</sup>	9.57m	<b>PB</b>
		Discus	1 <sup>st</sup>	33.63m	
		Javelin	5 <sup>th</sup>	25.88m	
		Long Jump	7 <sup>th</sup>	4.53m	
		Triple Jump	4 <sup>th</sup>	9.60m	
Majella Pearl	15yrs	200m Hurdles	5 <sup>th</sup>	35.65	
		High Jump	1 <sup>st</sup>	1.59m	
		Long Jump	6 <sup>th</sup>	4.54m	
Aeysha Grainzien	15yrs	1500m	4 <sup>th</sup>	5.11.62	<b>PB</b>
	13-15yrs	400m	7 <sup>th</sup>	1.07.48	
		2000m Steeple Chase	2 <sup>nd</sup>	7.58.73	
Dayspring Koop	15yrs	Shot Put	2 <sup>nd</sup>	9.57m	<b>PB</b>
	13-15yrs	Discus	2 <sup>nd</sup>	33.31m	<b>PB</b>
		Hammer Throw	2 <sup>nd</sup>	39.21m	
Miriam Peni	15yrs	100m	2 <sup>nd</sup>	12.59	<b>=PB</b>
		200m	3 <sup>rd</sup>	26.72	
		Long Jump	2 <sup>nd</sup>	4.88m	
		Triple Jump	1 <sup>st</sup>	10.35m	
Savinika Wijeyewickrema	15yrs	Shot Put	3 <sup>rd</sup>	9.91m	
		Javelin	2 <sup>nd</sup>	30.14m	
Ashlee Stieler	16yrs	100m heat	2 <sup>nd</sup>	13.20	did not compete in final
		100m Hurdles	1 <sup>st</sup>	15.60	
		Shot Put	9 <sup>th</sup>	9.09m	
		High Jump	1 <sup>st</sup>	1.62m	
Emily Beston	16yrs	2000m Steeple	1 <sup>st</sup>	7.54.77	
Tori Langton	16yrs	Shot Put	1 <sup>st</sup>	11.04m	<b>PB</b>
		Discus	1 <sup>st</sup>	38.77m	
Madeline McGuire	17yrs	400m	2 <sup>nd</sup>	1.00.15	
		800m	1 <sup>st</sup>	2.23.13	
Olivia Harvey	17yrs	100m Hurdles	2 <sup>nd</sup>	16.62	
		200m	4 <sup>th</sup>	29.77	
Cassie Purdon	18yrs	High Jump	1 <sup>st</sup>	1.70m	
Ryan Stewart	12yrs	Tetrathlon	7 <sup>th</sup>	961 points	

Jaxson Samuels	13yrs	High Jump	3 <sup>rd</sup>	1.55m	
Yoo Bin Miller	13yrs	100m	4 <sup>th</sup>	12.67	<b>PB</b>
		200m	5 <sup>th</sup>	26.00	
Joel Walk	13yrs	200m	3 <sup>rd</sup>	25.90	<b>PB</b>
		Long Jump	5 <sup>th</sup>	4.91m	
		High Jump	1 <sup>st</sup>	1.64m	<b>PB</b>
Ramil Wilson	14yrs	100m Hurdles	7 <sup>th</sup>	19.63	<b>PB</b>
Benjamin Peters	14yrs	2000m Steeple chase	1 <sup>st</sup>	7.44.00	<b>PB</b>
Thomas Cronin	15yrs	1500m	7 <sup>th</sup>	4.50.68	<b>PB</b>
		Discus	1 <sup>st</sup>	48.32m	<b>PB</b>
Clinton Suthers	15yrs	800m	2 <sup>nd</sup>	2.04.77	
Jacob Wells	15yrs	800m	1 <sup>st</sup>	2.02.28	<b>PB</b>
Johnathan Taylor	16yrs	100m	3 <sup>rd</sup>	11.38	
		200m	2 <sup>nd</sup>	23.04	
Daniel Parnell	16yrs	400m	2 <sup>nd</sup>	51.77	<b>PB</b>
		800m	2 <sup>nd</sup>	2.00.14	<b>PB</b>
Jack Warner	18yrs	2000m Steeple Chase	2 <sup>nd</sup>	6.41.25	
Jai Baas Becking	18yrs	100m	1 <sup>st</sup>	11.59	

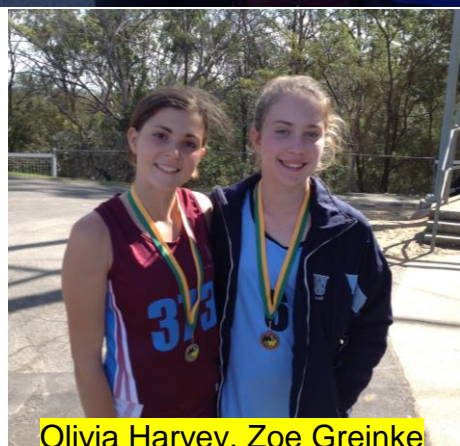
Some of these athletes must have been tired by the end of the trials going on the number of events they competed in. Congratulations to all. Just a few pictures of those competitors.



Aeysha Granzian, Kelly McNamara, Emily Beston



Majella Pearl



Olivia Harvey, Zoe Greinke



Miriam Peni



Tori Langton

## Australian Cross Country Championships

Club member **Jack Warner** competed in the U20yrs 8km at Albany, West Australia.

Under extreme weather conditions **Jack** can be very proud of his achievement by getting a silver medal with Queensland team in the cross country Championships.

**Jack** finished 31<sup>st</sup> in a time of 29 minutes and 54 seconds for the 8km.

Well done!!!

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## Congratulations

The World Junior Championships 22<sup>nd</sup> - 27<sup>th</sup> July 2014 proved to be an inspiring adventure for our three club athletes.

It provided experiences and competition that seemed only a short time ago, a dream which turned to reality in a short space of time.

**Cassie Purdon** started the wheels rolling with superb performances at the two lead-up meets at Swangard Stadium, Burnaby, Vancouver setting a new **PB** of 1.84M at the prestigious Harry Jerome meet before traveling to Eugene, Oregon, USA for the competition of her life.

**Cassie** did not disappoint, even having a nervous start of not clearing the bar at her first attempt, but went on to qualify for the final twelve sailing over the bar at 1.85m with another **PB**. Two days later it seemed the world was her oyster when clearing all heights to 1.85m =**PB** before narrowly failing at 1.88m.

Cassie finished 5<sup>th</sup> in competition for U/20yrs at the World Juniors. Well done.



**Filoi Aokuso** after overcoming a back injury went onto qualifying for the final twelve at her first throw of the discus, a **PB** of 52.33m at the World Junior Championships, her first competition since the injury.

Two days later **Filoi** was again in the circle for the final and improved her lifetime best three times for the Discus to provide the highlight of the evening for the Australian Spark team.

**Filoi's** efforts in the final were 53.61m **PB**, 50.87m, 53.85m **PB**, 52.45m, 53.92. **PB** and 47.93m finishing the competition in seventh position at the U/20yrs World Juniors.

Being a fan of the singer Beyonce, **Filoi** used one of the singer's songs to sum up her performance, Flawless. Well done.



**Larissa Chambers** ran an invitational race at the Harry Jerome International Track Classic meet for the first time after an ankle injury winning in a time of 12.09 for the 100m.

**Larissa** then competed at the World Junior Championships in the seventh heat finishing sixth in a time of 12.05 for the 100m. Larissa finished the competition in the 41<sup>st</sup> position for the U/20yrs.

**Larissa** then anchored the Australian Spark Team 4 x 100m relay in a time of 45.54 finishing third in their heat but was not enough to progress to the final as the team placed 10<sup>th</sup> overall.

It was a great experience at this level of competition. Well done.

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